

28 day Pilates Challenge

day 1	day 2	day 3	day 4	day 5	day 6	day 7
3x one of each exercises of each category	3x one of each exercises of each category	3x one of each exercises of each category	3x one of each exercises of each category	3x one of each exercises of each category	break	3x all exercises of 'Rotation' and 'Shoulder Bridge'
2x one Plank-variation for 8 seconds	2x one Plank-variation for 8 seconds	2x one Plank-variation for 8 seconds	2x one Plank-variation for 8 seconds	2x one Plank-variation for 8 seconds		

day 8	day 9	day 10	Day11	day 12	day 13	day 14
4x one of each exercises of each category	4x one of each exercises of each category	4x one of each exercises of each category	4x one of each exercises of each category	4x one of each exercises of each category	break	4x all exercises of 'Side Bend' and 'Pilates Ab-Series'
3x one Plank-variation for 8 seconds	3x one Plank-variation for 8 seconds	3x one Plank-variation for 8 seconds	3x one Plank-variation for 8 seconds	3x one Plank-variation for 8 seconds		

day 15	day 16	day 17	Day18	day 19	day 20	day 21
5x one of each exercises of each category	5x one of each exercises of each category	5x one of each exercises of each category	5x one of each exercises of each category	5x one of each exercises of each category	break	3x 3 different Plank-variations for 10 seconds and 'Cat-Stretch' or 'Child's Pose'
3x one Plank-variation for 10 seconds	3x one Plank-variation for 10 seconds	3x one Plank-variation for 10 seconds	3x one Plank-variation for 10 seconds	3x one Plank-variation for 10 seconds		

day 22	day 23	day 24	Day25	day 26	day 27	day 28
6x one of each exercises of each category	6x one of each exercises of each category	6x one of each exercises of each category	6x one of each exercises of each category	6x one of each exercises of each category	break	4x all exercises out of all categories
4x one Plank-variation for 8 seconds	4x one Plank-variation for 8 seconds	4x one Plank-variation for 8 seconds	4x one Plank-variation for 8 seconds	4x one Plank-variation for 8 seconds		



Category of the Pilates exercises

Abdominal Series



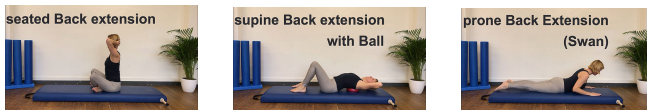
Side Bend



Rotation



Back Extension



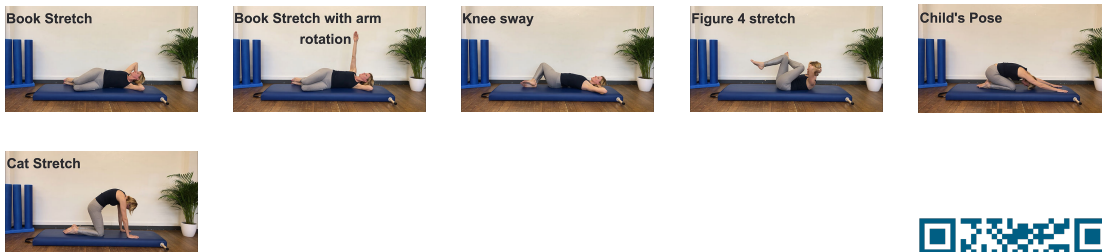
Shoulder Bridge



Plank (no Videos)



Stretch



Link and QR-Code for 28-day Pilates Challenge:
<https://www.balancedpilatesstudio.com/28-day-challenge>

